

No-Bake Keto Coconut Chocolate Bounty Slice

Hands-on 15 minutes Overall 1 hour

Nutritional values (per serving, 1 slice): Total carbs: 11.6 g, Fiber: 5.6 g, **Net carbs: 6 g**,

Protein: 7.3 g, Fat: 32.3 g, Calories: 356 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 12 slices)

Chocolate base:

- 1 1/4 cup [almond flour](#) (125 g/ 4.4 oz)
- 1 1/2 tbsp raw cacao *or* [Dutch process cocoa powder](#) (8 g/ 0.3 oz)
- 2 tbsp [yacon syrup](#) *or* ChocZero syrup (30 ml)
- 4 tbsp virgin [coconut oil](#), at room temperature (60 ml)

Coconut layer:

- 2 1/2 cups [shredded coconut](#) (188 g/ 6.6 oz)
- 1/4 cup powdered [Swerve](#) *or* [Erythritol](#) (40 g/ 1.4 oz)
- 1 tbsp unsweetened [vanilla extract](#) *or* seeds from 1 vanilla pod
- 3/4 cup + 1 tbsp [coconut cream](#) (200 g/ 7.1 oz)
- 4 tbsp virgin [coconut oil](#) (60 ml)

Chocolate coating:

- 140 g [90% dark chocolate](#) (5 oz)
- 3 tbsp [cocoa butter](#) *or* virgin [coconut oil](#) (41 g/ 1.4 oz)

Instructions

- To make the base, combine the almond flour, sweetener, coconut oil and cacao powder in a bowl and mix well.
- Line a loaf tray with baking paper, and then pour the mixture in, using wet hands to press down firmly.
- To make these raw, place in the freezer while you make the next layer. (Note: Based on feedback, it may be better to skip the freezing here as the bottom layer will bind better with the coconut layer if it's soft.) Alternatively, bake 12-15 minutes at 170 °C/ 340 °F (conventional), or 150 °C/ 300 °F (fan assisted). If you bake this layer, make sure it's completely cool before adding the coconut layer.
- To make the coconut layer, add the coconut, sweetener, vanilla, coconut cream and coconut oil into a large bowl and mix well.
- Scoop onto the chocolate base and press down. Return to the fridge while you make the final layer.
- Melt the chocolate with the cocoa either in a double boiler or over very low heat.
- Pour over the coconut layer.
- Refrigerate at least an hour before slicing into bars and serving.
- Note that these slice best when really firm, you may want to freeze them before slicing, and then store in the fridge once sliced
- Store in the freezer up to six months.

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